



Cook Right 4 Your Type: The Practical Kitchen Companion to Eat Right 4 Your Type

Peter J. D'Adamo, Catherine Whitney

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After nearly twenty years of research, Dr. Peter J. D'Adamo revealed the connection between blood type, diet, and health in **Eat Right 4 Your Type**. Now, with a team of chefs, he helps you design a total health program that's right for your blood type. **Cook Right 4 Your Type** is the essential guide for living with a sensible diet individualized for you that allows you to eat food that seems like a major indulgence. With possibilities ranging from lamb stew to lemon squares, and braised vegetables to delicious soups, you'll barely notice you've started a regimen designed to optimize your health, your weight, and your total well-being. **Cook Right 4 Your Type** includes:

- * Individualized 30-day meal plans for each blood type
- * More than 200 great-tasting recipes
- * Food lists and shopping guides
- * An easy-to-follow food program

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